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## on the menu



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# VENISON

## *on the menu*

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### Proper Care of Wild Meat in the Field

Good venison can begin with the shooting. Experienced and skillful hunters can approach near enough to big game to shoot it as desired. They are cool enough to place their bullets with precision, in spite of the excitement which always is felt in big game hunting. They choose and equip their rifles with care, and practice until their shots are sure.

The best shot, if highest quality meat is wanted, is in the brain or at the juncture of the skull and spinal column. Shot here, the carcass of a deer or elk can be as clean as a packing-house beef. Shots at distant or running animals cannot be as accurately placed and may result in paunch-shot animals or badly damaged hams and loins.

When a very large buck or bull is shot, with antlers making a splendid mounted trophy, head or

high neck shots naturally are not liked, and a shot through the thin-fleshed ribs into the lungs or the rear portion of the heart is preferred. But when shooting smaller animals, the condition of the meat usually is more important than the trophy.

Hunters generally agree that "hot" animals — those which have been running hard for a distance— have stronger flavored meat than those which recently have been at rest. Animals which are "hot" usually are breathing with open mouths and can be avoided when shooting.

Experienced hunters also have found that the older, low-velocity cartridges (the .45-70 for example) tear and bloody the meat less than high-speed bullets do. As they say, meat struck by these slow bullets is "good right up to the bullet

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hole." However, the hunter who is in a hurry, who hunts where the game is very wild, or who lacks skill in stalking and shooting is surer of success if he uses a modern high-velocity rifle and cartridge and shoots for larger portions of the body than the head or neck. (The beginner may admit to himself, if not to others, that he prefers a deer in partially edible condition to no deer at all because of too much care in placing his shots.)

#### **When Your Deer or Elk Is Down**

— Load your rifle and approach the animal to make sure it is dead. Note whether the bullet entered or emerged from a deadly spot. If in doubt, a hard-nosed bullet from a supplementary chamber in the rifle or a pistol bullet will kill a wounded animal without tearing meat or trophy. It may be well to prod the animal with your toe, the muzzle of your rifle or a stick. In any event, be ready to shoot again.

**Bleeding the Animal** — Should you "stick" the animal or not? Hunters differ about this. It once was a general practice to stick the hunting knife into the base of the neck just above the brisket, or chest, and to cut sideways until one or both of the large neck veins (jugulars) were cut, and blood gushed out in quantity.

This practice spoils the neck for today's sculptured mounts including the neck and the shoulders. If the animal is struck through the lungs with a large or high-velocity bullet, it probably has bled quite completely into the lung cavity. Many hunters today prefer to open

the carcass within a very few minutes and to bleed the animal by cutting the large blood vessels leading to the heart.

**Removing the Entrails** — Hunters disagree as to the best way to remove the entrails (intestines) from the carcass. Some hang their deer in trees, with the help of other hunters or light block-and-tackle outfits. Others roll the carcass on its back, cut from the breast bone back to the pelvic arch, cut the liver, diaphragm, heart, lungs, and intestines loose, and then roll the unwanted portions out sideways.

Some hunters insist that the male sexual organs and the "scent" glands on the hind legs should be removed first. Others, who secure equally good meat, leave the latter on until the hide is removed. Some men split the breast bones to the base of the neck and split the anal arch bone between the legs. Others leave these intact to protect the meat from dust and dirt as much as possible.

The principal purpose in removing the entrails is (1) to remove the lungs and heart to promote bleeding of the flesh and cooling of the meat and (2) to remove organs containing partly digested foods and body wastes which prevent quick cooling of the meat and which may taint it. These organs should be removed as completely and quickly as possible, without rupturing them. The exact method or routine is less important than the objective.

**Cooling** — The carcass should be cooled as quickly as possible. Meat sours or decays most rapidly when



kept warm and moist. Several methods aid rapid cooling. These include (1) hanging or propping the meat off the ground to permit free air circulation, (2) propping the intestinal cavity open with a stick, (3) placing the carcass in the shade, (4) hanging it outdoors during cold autumn nights and in a cool building or shelter during the day, (5) skinning and quartering the carcass as soon as possible to permit cool air to reach pieces smaller than the entire carcass.

Heavy, massive animals such as elk or large bucks cool less rapidly than smaller animals and require more care to prevent spoilage.

Properly cooled meat is sometimes spoiled later by carrying it next to a hot car motor, upon a pack horse with the venison poorly shielded from the sweating horse, in a car trunk that is hot, or in similar unfortunate locations.

The ideal arrangement for cooling meat is to hurry the carcass, neatly shot and carefully skinned, to a locker plant. There it may be placed in a cool room only a few degrees above freezing and watched by experts until it is properly aged without spoiling before cutting and freezing. Hunting conditions do not always permit this because of distance and because the party of hunters is not ready to return. Then the best field methods should be used.

**Drying** — Wet meat spoils more quickly than dry. For this reason most hunters warn against washing any portion of the carcass with water. It is better to wipe bloody or soiled portions clean with a nearly dry cloth. (Here

again neatly shot and dressed game prevents necessity for washing bloody or fouled portions).

Old timers in arid portions of the West, who had no better means, preserved their meat by drying it in thin strips, as in "jerky," or by hanging quarters in the dry wind until the exterior would "case" or be covered with a layer of blackish dried meat resembling dried beef. The meat inside would remain edible for some time, but the outside dried meat usually had to be wasted by heavy trimming, and the thin-fleshed rib portions soon dried to an unappetizing, chip-like texture.

The best rule is to dry the meat by hanging it in a cool place until the surface no longer is wet. Air circulation must be provided, for meat hung beneath or covered by tight canvas will probably "sweat" and become wet enough to sour on the surface. Too severe drying is prevented in the field by leaving the hide upon the thoroughly cooled carcass, or by wrapping skinned portions in light muslin, mosquito netting, or packer's meat tubing.

#### **Dirt, Dust, and Animal Taints**

— Careless dragging of dressed carcasses often covers exposed flesh with pine needles, hair, and other trash. Game carried unprotected in partly open car trunks or in open trucks and racks will become dust covered. The venison should not be tainted by letting the hair side of the hide or hands soiled by contact with the hair or scent glands touch it.

**Flies** — Old-timers hoisted venison in screen-covered boxes up

into the tops of trees by means of rope and pulley arrangements. They claimed that the air was cooler and drier than next to the ground and that flies did not venture that high. Other hunters sprinkle black pepper or mixtures of salt and pepper upon the meat to discourage flies, although salt is credited with drawing moisture to the surface of the meat.

Hurrying the meat to a screened, cool place is best. In some camps the hunters cool and dry the meat by hanging it out at night, when flies are not abroad, and cover it beneath canvas in a

shaded, cool place during days. With freezing night temperatures and warm days in the higher deer and elk ranges, this method has merit if all basic principles are followed.

A few hunters are building well-insulated meat boxes for pickup trucks. They cool these boxes with dry ice or even gasoline-powered refrigeration units. Meat that is neatly skinned, quartered and trimmed can be kept safely for several days in these cold boxes, even during the warmer early seasons.

## Use of Fat and Hides

**The Fat** — Deer and elk fat seems to turn rancid sooner than that of domestic animals. Most hunters trim it off their meat before cooking, or even freezing. Fat can be made into good soap by using recipes printed on cans of lye bought for soapmaking.

The following method is also recommended:

1. Clean the tallow or fat by melting it in a kettle half-filled with water. Let stand while cooling slowly. Lift tallow from water after dirt has settled out and the tallow is firm.
2. For each 4½ pounds of tallow prepare a lye-mix consisting of:
  - 1 can (13 oz.) lye
  - 3 pints of cold water
  - ½ pound of borax
  - 3 tablespoons of ammoniaPour water over borax. Stir. Stir in ammonia. Add lye and stir until dissolved. It will heat as it dissolves.) Cool.

3. Stir 4½ pounds of warmed tallow (which has been melted over water) into each quantity of lye-mix as above. Keep stirring with a wooden paddle until thickened. Pour into a wooden box lined with cloth.
4. Cut into convenient cakes while still soft, but allow to harden and blend for a few weeks before using.
5. REMEMBER THAT LYE IS VERY CAUSTIC. IF NOT HANDLED WITH CARE IT WILL INJURE THE SKIN AND METAL UTENSILS.

**The Hides** — No hides make better gloves or jackets than deer and elk skins. Those from deer are preferred to those from elk for thinner gloves or jackets. Colorado laws now permit hunters to sell their properly tagged hides to dealers, or hunters may secure the finest gloves and jackets for their families by sending hides and



measurements to firms which tan and manufacture such articles. During war periods, the armed forces need all available hides for gloves, jackets, and jacket liners.

Antelope hides are considered less durable than those of deer and elk. Some hunters like antelope leather for ladies' or dress gloves,

however. All hides should be protected from abrasion resulting from dragging carcasses upon the ground until the hair is rubbed off. They should be salted and dried quickly to prevent spoilage. Raw hides folded and rolled before they are cool and dry will soon spoil.

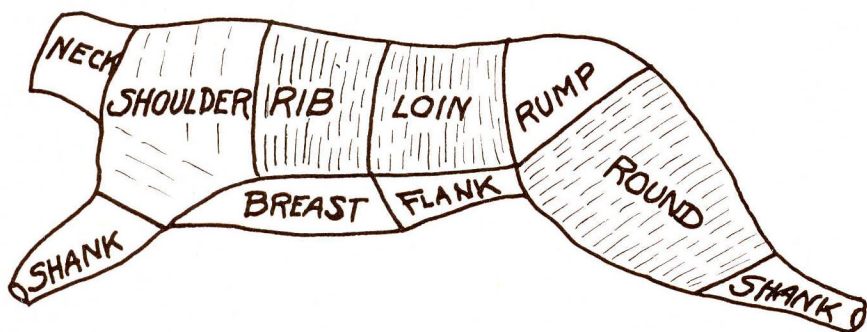
## Home Care of Game

Game properly cared for in the field and suitably skinned is (1) cut into convenient pieces, (2) packaged, and (3) safely stored to prepare it for satisfactory home cooking.

Cutting is not a haphazard operation. To do it most easily hang the carcass by the hocks or hock tendons. Split lengthwise along the backbone from tail to neck; sawing with a meat or carpenter's saw, or chopping with a cleaver or handaxe. Keep halves well spread while splitting. Cut between the last two ribs and through the backbone to divide halves into quarters.

Badly shot portions should be cut out. If they appear distasteful, use for dog or cat meat. If the pieces are merely blood-shot, cut into small chunks, score, soak overnight in salt water, and use in stews, hamburger or mincemeat.

Clear portions may be cut into steaks, roasts and stew meat in proportions desired. Many freezer locker stores have power saws and capable meat cutters who cut and wrap meat for a few cents a pound. Some hunters cut their own roasts and have steaks or chops cut by expert meat cutters. Cuts and their uses are indicated upon the accompanying chart:



Shank—ground meat or stew  
 Shoulder—roasts or chops  
 Neck—stew or ground meat  
 Rib—chops or roasts  
 Breast—stew or boiled meat

Loin—steaks  
 Flank—braised steak or stew  
 Rump—roast  
 Round—steaks or roasts  
 Shank—ground meat or stew

Major cuts are made along solid lines. Smaller cuts are made along broken lines.

If it is undesirable to cut the entire carcass at once, cut the meat into quarters or other major chunks, wrap and freeze it, and make smaller cuts later. Meat tends to dry less if kept in large pieces, but it is more convenient for the cook if the meat is cut and wrapped into packages of steaks, chops and roasts large enough for each meal — with each package clearly labelled. Wrapping should

be done with moisture-vapor-proof paper.

Storage methods vary. Meat hung on the north side of the house will stay frozen in colder portions of Colorado. Freezer lockers and home deep-freeze units duplicate this service in warmer zones. Some can venison in accordance with recommended meat canning procedures.

## Freezer-Locker Plant Care of Game

Freezer-locker plants become more efficient each year in the general processing of meats, but the wise hunter inquires concerning those which will handle his meat in the most pleasing way. Some plants will receive game carcasses with hides on, and will skin them for a modest sum or for the hide. Others refuse carcasses not already skinned and with loose hair removed. Some locker plant employees who cut and wrap domestic meats with great care are not experienced in handling game and it is best to work with those who have experience if possible. Ask about this so that your meat

will be handled as you want it.

The hunter who trims his venison free of unattractive portions will get better service at the locker plants. Many dog and cat owners freeze such trimmings in small packages for pet food.

Unless locker plant employees ask him, the hunter should inform them of the proportion of steaks, roasts, and burger desired and of the size of each package to be frozen. A good marking system which indicates roasts, burger, chops and the different cuts of steaks helps much in the sure selection of meat for a particular recipe or more particular guests.

## Directions for Cooking Venison

**General Suggestions**—The use of herbs, spices, condiments and such vegetables as tomatoes, onions and garlic can do much to improve game, especially if the meat is strong-flavored.

Since venison is apt to be dry after cooking, moist heat is more desirable than dry heat for all

except the very tender cuts. A pressure pan can be used to advantage as this method of preparation supplies the necessary moisture and hastens the tenderizing of the tougher cuts. Times for cooking will depend on the age of the animal and condition of the meat.



Pounding the tougher steaks and chops before cooking helps break up the long meat fibers that are sometimes found in elk meat.

Trimming the fat from game is most important, because the strong flavors are more pronounced in the fat than in the meat itself. The fat which is present solidifies readily and for that reason the meat is best when served piping hot. Fat from bacon or salt pork can be used to replace the fat removed from the meat.

**Freezing** — The principles of cooking frozen venison are the same as those for cooking frozen beef.

**Broiling and Roasting** — For oven broiling, choose medium to thick steaks from rib to loin. Wipe with a damp cloth and place in a pre-heated broiler set at 350° F. The broiler or oven door should be left slightly ajar during broiling. When brown on one side, salt and turn. The time required for broiling will depend on the stage of doneness desired and the size of

the steak. A 1-inch deer sirloin steak will require about 15 to 20 minutes to reach the medium done stage. Elk steaks will take a little longer than the corresponding beef steak. Many people prefer medium or well done venison rather than rare, because after longer cooking any unusual aroma will have disappeared.

When pan broiling, place meat in a preheated skillet that is just lightly greased. Cook over medium heat, turning once, until meat has reached the desired state of doneness. Salt it after turning.

When oven roasting, rub salt into surface of roast and place in an uncovered pan. Insert a meat thermometer into the center of the largest muscle, being careful to avoid contact with bone or fat. Roast at a constant oven temperature of 300 to 350° F. for 25 to 30 minutes for each pound or to an internal temperature of 170° F. All game has a dark surface when roasted and may appear to be done before it actually is.

## Recipes

### STEAKS AND CHOPS

#### Steak With Horseradish Sauce

- |  |                           |
|--|---------------------------|
| 1 sirloin or T-bone steak<br>(elk or deer) | 1/2 teaspoon salt         |
| 2/3 cup thick sour cream                   | 3 tablespoons horseradish |

Combine sour cream, salt and horseradish. Beat well and serve over steak which has been broiled or sautéed and salted.

#### Barbecued Steak

- |  |                                   |
|--|-----------------------------------|
| 1 thick sirloin or T-bone steak<br>(elk or deer) | 1/4 teaspoon paprika              |
| 2 tablespoons margarine or butter                | <b>Sauce</b>                      |
| 1 teaspoon dry mustard                           | 1 tablespoon Worcestershire sauce |
| 1 teaspoon salt                                  | 2 tablespoons salad oil           |
| 1/8 teaspoon pepper                              | 1 tablespoon catsup               |
| 1 teaspoon sugar                                 | 1 teaspoon sugar                  |
|  | 1 teaspoon salt                   |

Blend margarine or butter with mustard, salt, pepper, sugar and paprika. Rub this mixture well into the steak. Make sauce by mixing the last five ingredients listed. Brush a part of this sauce over the steak. Broil steak 20 to 30 minutes, according to doneness preferred. Leave door of broiler partly open. Watch steak carefully. Turn steak once. Brush frequently with remaining sauce.

#### Spanish Steak

- |                                    |                       |
|------------------------------------|-----------------------|
| 2 pounds chuck steak (deer or elk) | 1 sliced green pepper |
| flour for dredging                 | 2 1/2 teaspoons salt  |
| 4 tablespoons lard or drippings    | 1/2 teaspoon pepper   |
| 2 sliced onions                    | 1 No. 2 can tomatoes  |

Have chuck steak cut 1 to 2 inches thick. Dredge with flour and brown in lard. Add onions, green pepper, seasonings and tomatoes. Cover closely and simmer approximately 3 hours, or until tender. Serves 4 to 6.

#### Breaded Chops

- |                                |                   |
|--------------------------------|-------------------|
| 3 shoulder chops (deer or elk) | beaten egg        |
| 1/2 teaspoon salt              | fine bread crumbs |
| dash of pepper                 | fat for saute'ing |

Simmer chops in small amount of water about 15 minutes. Drain and season with salt and pepper. Dip chops in beaten egg, coat with bread crumbs. Brown both sides in hot fat. Serve with brown sauce.

#### Brown Sauce

- |  |                                 |
|--|---------------------------------|
| 2 tablespoons margarine or butter                                      | 1 teaspoon Worcestershire sauce |
| 1 slice of onion   | 1/2 teaspoon paprika            |
| 2 tablespoons flour  | 1/2 teaspoon salt               |
| 1 cup meat stock or 1 bouillon cube<br>dissolved in 1 cup of hot water |                                 |

Brown onion lightly in margarine or butter. Stir in flour and brown. Add meat stock slowly, stirring constantly, and cook until sauce is thick and smooth. Add Worcestershire sauce, paprika and salt.



### Paprika Cream Schnitzel

- |   |                       |
|---|-----------------------|
| 1 pound of elk or deer round<br>cut in small pieces | 1 teaspoon salt       |
| ½ cup water   | 1 teaspoon paprika    |
| 3 or 4 slices bacon finely cut                      | ½ cup tomato sauce    |
| 2 tablespoons chopped onion                         | ¾ to 1 cup sour cream |
| 1 clove garlic, chopped                             | chopped parsley       |

Place cubed meat and water in a pressure pan and cook about 30 minutes at 10 pounds pressure. Fry bacon until crisp; add cooked meat, onion and garlic and cook until brown. Add salt, paprika, tomato sauce and sour cream. Simmer this mixture gently until sauce is thick. Sprinkle with chopped parsley just before serving.

### Sauerkraut Rolls

- |                                 |                   |
|---------------------------------|-------------------|
| 4 pieces of steak (elk or deer) | ¼ teaspoon pepper |
| 2 slices bacon                  | 1 teaspoon salt   |
| ½ chopped onion                 | 1 cup sauerkraut  |
| 2 teaspoons sugar               | ½ cup meat stock  |

Pound meat quite thin and cut into pieces about 3 by 4 inches. Dice bacon and fry; add onion and cook 5 minutes. Add sugar, salt, pepper and sauerkraut. Heat thoroughly. Place a portion of sauerkraut mixture in center of each piece of meat. Roll and tie securely with thread or fine string. Place rolls in a greased casserole and add meat stock. Bake in a moderate oven (350° F.) about 1 hour or until meat is tender.

### Venison Roll-Ups

- |                                       |                        |
|---------------------------------------|------------------------|
| 2 pounds round steak<br>(elk or deer) | ½ pound pork sausage   |
| salt                                  | 4 medium-sized carrots |
| pepper                                | flour                  |
|                                       | shortening             |

Pound thinly cut steak with saucer edge or meat hammer. Cut into 4-inch squares. Sprinkle with salt and pepper and spread with sausage meat. Scrape carrots and quarter lengthwise. Place several strips on each piece of meat. Roll and tie with string or fasten with toothpicks or skewers. Flour lightly. Brown in hot shortening. Partly cover with water, cover pan, and cook in moderate oven (350° F.) until tender — 1½ to 2 hours. Serves 6.

### Stuffed Steaks

- |   |                                   |
|---|-----------------------------------|
| 2 club steaks 1 inch thick<br>(elk or deer) | 2 teaspoons minced onion          |
| 1½ slices of day-old bread                  | 2 teaspoons finely chopped celery |
| ½ teaspoon salt                             | flour                             |
| 2 teaspoons finely chopped<br>green pepper  | salt                              |
|   | 2 tablespoons margarine or butter |
|   | ½ cup water                       |

Make a dressing by combining bread, broken in small pieces, ½ teaspoon salt, green pepper, onion and celery. Salt steaks and dredge with flour. Cut slits halfway through steaks and fill with dressing. Using a pressure pan, brown steaks in margarine or butter. Add ½ cup of water and cook at 10 pounds pressure about 20 minutes. Serves 4.

### Creamed Venison

- |                                       |  |
|---------------------------------------|--|
| 1 pound cubed elk or deer round steak | 2 teaspoons Worcestershire sauce       |
| 3 tablespoons margarine or butter     | 3 tablespoons chopped parsley          |
| 2 cups medium white sauce             | ¼ cup pickle relish                    |
| 1 teaspoon salt                       | <b>Topping</b>                         |
| 1 teaspoon celery salt                | ½ cup dry bread crumbs                 |
| ¼ teaspoon pepper                     | 3 or 4 tablespoons margarine or butter |

Brown steak in 3 tablespoons margarine or butter. Add a small amount of water and cook in a covered skillet until tender, adding a little water from time to time as needed. When done add white sauce, seasonings, parsley and pickle relish. Put mixture in a greased casserole. Sprinkle top with bread crumbs and dot with margarine or butter. Bake in a moderate oven (350° F.) until crumbs are browned.

### Hawaiian Venison

- |  |                           |
|--|---------------------------|
| 1 pound boneless elk or deer round steak | ½ cup pineapple chunks    |
| ¼ cup flour                              | <b>Sauce</b>              |
| ¼ cup margarine or butter                | 2½ tablespoons cornstarch |
| ½ cup boiling water                      | ½ cup pineapple juice     |
| 1 teaspoon salt                          | ¼ cup vinegar             |
| 2 or 3 green peppers                     | ¼ cup sugar               |
|  | 2½ tablespoons soy sauce  |

Cut steak into 1-inch cubes and dredge with flour. Brown meat cubes on all sides in hot fat. Add water and salt. Simmer gently until meat is tender. Clean green peppers and cut into 1-inch squares. Boil 10 minutes and drain. Add pepper squares and pineapple chunks to browned meat. Combine last five ingredients and cook until sauce is clear and thick. Pour sauce over meat mixture and simmer 5 minutes. Serve over Chinese noodles or cooked rice.

## GROUND MEAT DISHES

### Chili

- |                                 |                                 |
|---------------------------------|---------------------------------|
| 1 No. 2 can kidney beans        | 2½ teaspoons salt               |
| 1 large onion, sliced           | ⅛ teaspoon paprika              |
| 1 green pepper, chopped         | ⅛ teaspoon cayenne              |
| 1 pound ground deer or elk meat | 3 whole cloves                  |
| 3 tablespoons fat               | 1 bay leaf                      |
| 1 No. 2½ can tomatoes           | 1 to 2 tablespoons chili powder |

Brown onion, green pepper, and meat in hot fat. Add tomatoes and seasonings. Simmer 2 hours, adding water if necessary. About 10 minutes before serving add the beans and heat thoroughly. Serves 6 to 8.

### Deviled Burger on Buns

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 pound ground elk or deer        | ¾ cup meat stock or hot water   |
| 3 tablespoons margarine or butter | 1½ tablespoons prepared mustard |
| 1 chopped medium-sized onion      | ¾ cup chili sauce               |
| 1 tablespoon flour                |                                 |

Brown ground meat in margarine or butter. Add onion, stir in flour and hot liquid. Cook mixture about 5 minutes, stirring constantly. Add mustard and chili sauce. Add salt if desired. Simmer about 15 minutes. Serve on toasted buns.



## Meat Loaf

- |                            |                                   |
|----------------------------|-----------------------------------|
| 1 pound ground elk or deer | 1/4 cup diced celery              |
| 1 1/2 teaspoons salt       | 2 slices dry bread                |
| 1/2 teaspoon pepper        | 1/4 cup barbecue sauce            |
| 1 beaten egg               | 2 tablespoons margarine or butter |
| 1/4 cup minced onion       | 1/2 to 1 cup water                |

Soak bread in small amount of milk. Add ground meat, salt, pepper, egg, onion, celery and barbecue sauce. Blend mixture well and shape into two small loaves; wrap loaves in waxed paper and place them in refrigerator for 30 minutes or until firm. Melt margarine or butter in a pressure pan. Brown loaves in melted fat. Add water and cook at 10 pounds pressure for about 15 minutes. Serves 4 or 5.

## Ground Meat Appetizers

- |                                   |                                 |
|-----------------------------------|---------------------------------|
| 1 pound ground elk or deer        | 1 teaspoon Worcestershire sauce |
| 1 tablespoon minced onion         | 1 tablespoon prepared mustard   |
| 3/4 teaspoon salt                 | 1 tablespoon horseradish        |
| 2 tablespoons margarine or butter | 1/2 teaspoon celery seed        |
| 2 tablespoons flour               | 1/2 teaspoon sugar              |
| 1 cup hot water                   |                                 |

Mix ground meat with onion and salt and shape into balls about 3/4 inch in diameter. Brown in the margarine or butter. Remove balls from pan and blend flour into the fat and drippings; add hot water and stir until mixture boils and thickens. Add Worcestershire sauce, mustard, horseradish, celery seed and sugar. Place meat balls in a small casserole, pour sauce over them. Cover and bake in a moderate oven (350° F.) for 25 to 30 minutes.

## Venison Shortcake

- |                                 |                               |
|---------------------------------|-------------------------------|
| 1 slice bacon, diced            | 1/2 teaspoon prepared mustard |
| 1/4 cup sliced onions           | 1/8 cup tomato catsup         |
| 1 pound ground lean deer or elk | <b>Shortcake</b>              |
| 1 teaspoon salt                 | 2 cups flour                  |
| 1/4 teaspoon pepper             | 2 teaspoons baking powder     |
| 2 tablespoons flour             | 1 teaspoon salt               |
| 1 1/4 cups water                | 4 tablespoons shortening      |
|                                 | 2/3 to 3/4 cup milk           |

Sauté bacon and onions until slightly browned. Add meat, 1 teaspoon salt, pepper, and cook until browned. Add 2 tablespoons flour and blend. Add water, mustard, and catsup. Bring to a brisk boil, stirring constantly.

For shortcake, sift flour, baking powder and salt together twice. Cut in shortening. Add milk gradually, mixing to soft dough. Turn out on floured board and knead slightly. Roll 1/4 inch thick and cut with floured 3 inch biscuit cutter. Place half the biscuits on baking sheets, brush with melted butter and place remaining biscuits on top. Bake in hot oven (425° F.) 12 to 15 minutes. To serve, split shortcakes and pile meat mixture between halves. Serves 6.

## Meat Loaf With Chili Sauce

- |                             |                   |
|-----------------------------|-------------------|
| 2 pounds ground elk or deer | 1 tablespoon salt |
| 4 slices fresh bread        | ¼ teaspoon pepper |
| ½ cup water                 | 2 eggs            |
| 1 medium onion              | 1 cup chili sauce |

Soften bread in water and add remaining ingredients. Mix well, pack in pan and cover with chili sauce. Bake at 375° F. for 45 minutes.

## POT ROASTS

### Tomato Pot Roast

- |  |                     |
|--|---------------------|
| 2½ pounds chuck or rump<br>(elk or deer) | 1 tablespoon salt   |
| 1 tablespoon lard                        | 2 cups tomato juice |
| 1 clove garlic                           | 4 medium potatoes   |
|  | 6 carrots           |

Brown meat slowly in lard. When well browned add tomato juice, salt and garlic. Cover lightly and simmer until tender, about 3½ hours. Add vegetables 45 minutes before meat is done.

### Sauerbraten I

- |                              |                       |
|------------------------------|-----------------------|
| 3 pounds elk or deer         | 6 whole cloves        |
| 2½ cups vinegar              | 3 bay leaves          |
| 3 cups water                 | 6 whole black peppers |
| 2 sliced medium-sized onions | 1½ teaspoons salt     |
| ½ sliced lemon               |                       |

Place meat in a large bowl; add remaining ingredients. Let meat stand 48 hours in refrigerator, turning occasionally. Remove meat, brown in hot fat. Remove meat and add 1½ tablespoons flour, brown and add 2 cups vinegar mixture and cook until mixture thickens. Add meat and simmer for two hours. Remove, slice meat and pour gravy over the meat.

### Sauerbraten II

#### Marinade:

- |                                |                         |
|--------------------------------|-------------------------|
| 2 cups vinegar                 | 2 sliced carrots        |
| 2 cups water                   | 3 sliced onions         |
| 2 tablespoons sugar            | 12 whole cloves         |
| ½ teaspoon whole black peppers | 1 teaspoon mustard seed |
| 4 bay leaves                   | 2 teaspoons salt        |
- 3 pound roast (elk or deer)  
3 or 4 cups water for cooking

#### Gravy:

- ⅓ cup gingersnap crumbs  
2 cups water  
⅓ cup sour cream

Combine all ingredients for marinade in large bowl or crock. Add roast and let stand in mixture (in refrigerator) from 2 to 4 days. Turn meat once each day. At the end of this time remove meat and strain marinade. Put meat in kettle with 1 cup of marinade, add carrots and 3 or 4 cups of water. Simmer until tender (3 or 4 hours). Remove meat and stir in gingersnap crumbs and water. Cook until gravy is slightly thickened. Stir in sour cream. Heat, but do not boil. Spoon some of gravy over meat before serving.



## Savory Roast

4- or 5-pound rolled chuck roast of elk or deer	1/4 teaspoon black pepper
1/2 teaspoon salt	3 or 4 tablespoons hot bacon fat
3/4 teaspoon celery salt	2 sliced medium-sized onions
1 tablespoon poultry seasoning	3 bay leaves
	3 cups hot water

Rub roast with the seasonings and brown on all sides in hot bacon fat. Place meat in a pressure pan. Add onions, bay leaves and hot water. Cook meat about 1 1/4 hours at 10 pounds pressure if tough, less time if tender. Remove meat and bay leaves. Add about 1 cup of water and thicken the gravy with flour. Serve with mustard dumplings.

## Mustard Dumplings

2 cups sifted all-purpose flour	1 teaspoon dry mustard
2 teaspoons baking powder	1 tablespoon minced parsley
1/2 teaspoon salt	2 egg yolks
1/4 teaspoon onion salt	3/4 cup milk (about)
1/2 teaspoon celery salt	2 teaspoons melted margarine or butter

Sift dry ingredients together twice, then add parsley and egg yolks which have been mixed with the milk and melted fat. Beat well and drop from a tablespoon into the boiling gravy. Cover tightly and cook for about 20 minutes.

## Chuck Roast with Vegetables

3- or 4-pound chuck roast of elk or deer	2 cups meat stock or water
4 diced carrots	1 bay leaf
4 small diced turnips	a pinch each of thyme, marjoram, and pepper
1 quartered small onion	1/3 cup sour cream
4 or 5 slices of bacon, diced	salt
2 tablespoons flour	2 tablespoons capers, if desired

Combine vegetables and bacon in a large kettle; cook until vegetables are slightly browned. Add flour, mix well, and then add meat stock or water, bay leaf and seasonings. Add the salted roast and simmer until done. When tender, remove the meat, strain gravy. Rub vegetables through a strainer and return to the gravy. Add sour cream and capers. Heat, but do not boil. Serve gravy over meat.

## Spanish Pot Roast

3- or 4-pound pot roast (elk or deer)	1 sliced medium-sized onion
10 or 12 sliced stuffed olives	2 cups canned tomatoes
1/4 pound salt pork	2 teaspoons salt
3 tablespoons margarine or butter	1/4 teaspoon pepper
	1 teaspoon sugar

Cut small pockets along the sides of the roast with a sharp knife. Fill these pockets with the sliced olives and salt pork which has been cut in small strips. Brown onion slices in margarine or butter. Remove onions and brown roast in hot fat. Add canned tomatoes, salt, pepper, sugar and browned onions. Cover and simmer until meat is tender — about 3 or 4 hours. Thicken liquid for gravy.

## OVEN ROASTS

### Leg Roast of Venison

- |  |                                 |
|--|---------------------------------|
| 3- or 4-pound leg roast<br>(elk or deer)       | $\frac{1}{4}$ teaspoon pepper   |
| 5 or 6 slices of apple,<br>onion and salt pork | $\frac{1}{4}$ teaspoon allspice |
| 1 or 2 teaspoons salt                          | 2 sprigs of rosemary            |
|  | 2 bay leaves                    |

Cut gashes in roast about 2 inches apart and half through the thickness of roast. Place in each gash a slice each of salt pork, onion and apple. Top with a few more slices of onion. Sprinkle roast with spices and add herbs. Place meat on a rack in a roasting pan. Bake in a 300° F. oven until done, 2 to 4 hours, depending on tenderness of the meat. Remove herbs before serving.

### Venison Barbecue

- |                                    |                                 |
|------------------------------------|---------------------------------|
| 3 pound venison roast              | 1 tablespoon butter             |
| 1 cup catsup                       | $\frac{1}{8}$ teaspoon cinnamon |
| 1 tablespoon salt                  | 3 slices lemon                  |
| 2 tablespoons Worcestershire sauce | 1 onion, sliced thin            |
| $\frac{1}{4}$ cup vinegar          | $\frac{1}{8}$ teaspoon allspice |

Sear 3-pound roast of venison in frying pan. Mix above ingredients in saucepan and bring mixture to boil, stirring to avoid burning, and simmer 10 minutes. Cover venison with the sauce and roast in moderate oven (350° F.). Cook  $1\frac{1}{2}$  to 2 hours — turning occasionally.

### Barbecued Roast

- |   |  |
|---|--|
| 3- or 4-pound rolled roast<br>(elk or deer) | <b>Barbecue Sauce</b>                        |
| $\frac{1}{4}$ cup vinegar                   | $\frac{1}{2}$ cup catsup                     |
| 2 tablespoons brown sugar<br>salt and flour | 1 cup water                                  |
|   | 2 tablespoons Worcestershire sauce           |
|   | $\frac{1}{2}$ cup melted margarine or butter |
|   | $\frac{1}{4}$ cup grated onion               |

Dip roast in vinegar-sugar mixture, then salt and dredge with flour. Place roast on rack in roasting pan, pouring a little water into the roasting pan. Bake in moderate (350° F.) oven. Make a sauce of the last five ingredients listed above. After meat is slightly brown, spoon sauce over meat. Continue baking meat until tender, basting occasionally with the remainder of sauce. Cooking may be finished in a pressure pan at 10 pounds pressure if the roast is from an old animal.

## LEFT-OVER MEAT

### Mexican Corn Dish

- |   |                                     |
|---|-------------------------------------|
| $1\frac{1}{2}$ cups cooked, diced elk or deer   | 2 cups whole kernel corn            |
| 3 tablespoons margarine or butter               | 2 cups tomato juice                 |
| $1\frac{1}{2}$ tablespoons chopped green pepper | $\frac{3}{4}$ teaspoon chili powder |
| $\frac{1}{4}$ cup chopped onion                 | $1\frac{3}{4}$ teaspoons salt       |

Brown meat in fat, then add onion and green pepper and brown. Add corn, tomato juice, chili powder and salt. Simmer, covered, for about 30 minutes. Serve with brown rice.



### Croquettes

- |                                      |                            |
|--------------------------------------|----------------------------|
| 1 cup chopped leftover venison roast | 2 teaspoons chopped onion  |
| 1 cup thick white sauce              | 1 teaspoon chopped parsley |
| 1 beaten egg                         | 1 tablespoon pickle relish |
| salt                                 | fine dry bread crumbs      |
| paprika                              | 1 beaten egg mixed with 2  |
| 1/2 teaspoon Worcestershire sauce    | tablespoons water          |

Combine and cook together for a few minutes the meat, white sauce and egg. Add the seasonings, onion, parsley and relish. Mix well and let cool. Shape croquettes and roll in bread crumbs, then dip in the beaten egg-water mixture; roll in crumbs again and allow croquettes to stand in refrigerator a couple of hours. Fry croquettes in deep fat (360° F.) until they are a delicate brown. Serve with gravy or tomato sauce.

### Mincemeat

- |                                     |                           |
|-------------------------------------|---------------------------|
| 2 pounds cooked venison             | 1/2 teaspoon cloves       |
| 4 pounds apples                     | 1/2 teaspoon nutmeg       |
| 2 pounds currants and raisins mixed | 1/2 teaspoon allspice     |
| 3/4 pound suet                      | 2 teaspoons salt          |
| 2 cups brown sugar                  | 2 quarts apple cider      |
| 2 cups white sugar                  | 1 cup molasses            |
| 1 1/2 teaspoons cinnamon            | 2 tablespoons lemon juice |

Grind venison, apples and suet. Add all ingredients except lemon juice. Simmer 1 1/2 hours, or until thick. Remove from heat and add lemon juice. The mincemeat may be canned and will keep indefinitely. Yields 3 1/2 to 4 quarts.

### Venison With Almonds

- |                                   |                                  |
|-----------------------------------|----------------------------------|
| 2 cups cooked, cubed elk or deer  | 2 cups meat stock                |
| 1/2 cup crushed pineapple         | 1/2 cup slivered toasted almonds |
| 2 tablespoons margarine or butter | 1/2 cup sliced celery            |
| 1/2 cup pineapple juice           | 1 1/2 teaspoons salt             |
| 1 1/2 tablespoons cornstarch      |                                  |

Brown pineapple in the margarine or butter for about 5 minutes. Mix cornstarch with pineapple juice. Add this mixture and meat stock to the browned pineapple. Cook over low heat, stirring constantly, until thickened. Boil 2 minutes, then add meat, celery, almonds and salt. Allow to heat through and serve with rice or chow mein noodles.

### Jellied Meat Salad

- |   |   |
|---|---|
| 2 cups cooked, diced, leftover roast of venison | 2 tablespoons chopped green pepper          |
| 1 1/2 tablespoons unflavored gelatin            | 2 tablespoons pimiento, cut in small pieces |
| 1/2 cup cold water                              | 4 or 5 chopped sweet pickles                |
| 1 1/2 cups boiling water                        | 2 tablespoons diced celery                  |
| 1 bouillon cube                                 | 1 tablespoon minced onion                   |
| 1/4 cup vinegar                                 | 2 or 3 tablespoons cooked, cut green beans  |
| 1/2 teaspoon salt                               |   |

Soak gelatin in cold water. Dissolve bouillon cube and gelatin in boiling water. Add vinegar and salt. Cool this mixture and when just beginning to set add the rest of the ingredients. Pour into individual molds or a greased 8-inch square baking dish. Chill and serve on a bed of lettuce with mayonnaise.

### Curried Venison

- |                                  |                                     |
|----------------------------------|-------------------------------------|
| 2 pounds cooked elk or deer meat | 1/4 teaspoon ginger                 |
| 2 teaspoons salt                 | 1/4 teaspoon tabasco sauce          |
| 1 1/2 medium onions, minced      | 1/2 tablespoon Worcestershire sauce |
| 3 stalks celery, chopped         | 1/8 cup flour                       |
| 2 apples, minced                 | 1/4 cup cold water                  |
| 1/4 cup salad oil or shortening  | 1 cup heavy cream                   |
| 2 to 3 teaspoons curry powder    | 1 well beaten egg yolk              |
| 1/8 teaspoon pepper              | 3 cups boiled rice                  |
| 2 cups stock or bouillon         |                                     |

Sauté onions, celery and apples in oil until slightly brown. Stir in curry powder and simmer 5 minutes. Add remaining seasonings and stock and cook 20 minutes. Stir in flour mixed with water and cook 5 minutes, stirring until thickened. Remove from heat and allow to stand one hour. Reheat and add cooked meat, cream and egg yolk just before serving. Heat to boiling point, stirring constantly. Serve on rice.

### Left-over Roast Venison With Barbecue Sauce

- |                                    |                             |
|------------------------------------|-----------------------------|
| 1 cup canned tomatoes              | 1 bay leaf                  |
| 1 1/2 cups water                   | 1 clove minced garlic       |
| 1/2 sliced lemon                   | 2 tablespoons chopped onion |
| 1/4 cup vinegar                    | 3 stalks chopped celery     |
| 1/4 cup catsup                     | 1/2 cup margarine or butter |
| 2 tablespoons Worcestershire sauce | 2 tablespoons flour         |
|                                    | 1 teaspoon salt             |

slices of left-over elk or deer

Combine the first 10 ingredients listed and simmer for about an hour. Strain, and add margarine or butter to the liquid. Thicken the sauce with 2 tablespoons of flour mixed with a little water. Add salt. Place meat slices in a greased casserole and add enough sauce to cover meat. Bake in a moderate oven (350° F.) until heated through.

## SOUPS

### Burger Vegetable Soup

- |                                   |                         |
|-----------------------------------|-------------------------|
| 1 pound ground elk or deer        | 1/2 cup diced celery    |
| 1/2 cup chopped onion             | 2 or 3 teaspoons salt   |
| 2 tablespoons margarine or butter | 1/8 teaspoon pepper     |
| 2 cups canned tomatoes            | 1/4 cup uncooked rice   |
| 2 cups cubed potatoes             | 1 1/2 or 2 quarts water |
| 2 diced carrots                   |                         |

Brown meat and onion in fat, then add remaining ingredients. Simmer all slowly for about 2 1/2 hours.

### Brown Soup Stock

- |                                       |                   |
|---------------------------------------|-------------------|
| 3 pounds bone and meat of elk or deer | fat for browning  |
| 3 quarts cold water                   | 1 tablespoon salt |
| 1/2 cup celery                        | 2 sprigs parsley  |
| 1/2 cup carrots                       | 5 whole cloves    |
| 1/2 cup onions                        | 1 or 2 bay leaves |

Cut meat from bones and brown well. Cover bones and browned meat with water. Add remaining ingredients, cover and simmer for 3 1/2 to 4 hours. Strain, chill, remove fat and strain again. (Other seasonings such as thyme or marjoram may be added if desired.)



## STEWES

### English Brown Stew

- |                                       |  |
|---------------------------------------|--|
| 1 pound elk or deer cut in inch cubes | 1/2 tablespoon Worcestershire sauce                |
| 2 1/2 cups boiling water              | 1/4 cup tomato juice                               |
| 2 tablespoons chopped onion           | 1/4 to 1 cup pearl onions                          |
| 1/2 clove garlic                      | 1/4 to 1/2 cup diced celery                        |
| 1 1/2 teaspoons salt                  | 1/2 cup sliced carrots                             |
| 1/2 teaspoon paprika                  | 1 cup cubed potatoes                               |
| 1 teaspoon sugar                      | (Vary last 4 ingredients to suit individual taste) |
| 1/2 tablespoon lemon juice or         |  |
| 1 tablespoon dry wine                 |  |

Flour meat and brown well in a heavy pan, using enough fat to cover the bottom of the pan. Add boiling water, chopped onion, garlic, seasonings, lemon juice, Worcestershire sauce and tomato juice. Cover tightly and simmer 2 hours, adding more water if needed. Add vegetables and continue cooking until vegetables are done. Pour off juices and thicken with a flour-water paste. Add gravy to meat and vegetables. Serves 6.

### Shank Stew

- |  |                       |
|--|-----------------------|
| 2 pounds elk shank<br>(cut in 2 inch pieces) | 1 cup canned tomatoes |
| 2 tablespoons lard                           | 1 3/4 cups water      |
| 2 teaspoons salt                             | 1 cup sliced onion    |
|  | 3/4 cup diced celery  |

Brown meat in lard. Add tomatoes, water, salt, sliced onions and celery. Cover and cook slowly or bake in a moderate oven (350° F.) about 2 1/2 hours.